

Preparation Instructions Colon Surgery-GoLytely

Below are some simple instructions to help you prepare for your surgery:



At least two days prior to your surgery:
Please pick up your GoLytely, neomycin and metronidazole prescriptions from the pharmacy of your choice.

2 Days Prior to Procedure:

- Drink at least eight large glasses of water throughout the day. Try to avoid fibrous foods such as vegetables and fruits. **No solid foods after midnight.**

1 Day Prior to Procedure:

Begin clear liquid diet - Includes water, broth, coffee/tea (no milk/creamer) Gatorade, juices, soft drinks are okay. Avoid red colored fluids. Drink eight large glasses of water throughout the day.

- **12pm-** Begin drinking GoLytely and drink the entire gallon throughout the day.
- **1pm** Take two neomycin tablets (1gm total) and one metronidazole tablet (500mg total).
- **2pm** Take two neomycin tablets (1gm total) and one metronidazole tablet(500mg total).
- **Bedtime:** Take two neomycin tablets (1gm total) and one metronidazole tablet(500mg total).

Expect to experience frequent loose or watery stools for the next several hours. If you experience nausea or vomiting, take a 15 to 30 minute break, then continue drinking prep solution.

- **Day of Procedure-** You may drink clear liquids up to four hours before your scheduled **ARRIVAL** time. You may take your essential morning medications with a sip of water unless otherwise directed by your physician.
- Remember, the pre-admit nurse will call you before 5pm the day before your procedure to inform you of your arrival time.